

## CLAIMS

We claim:

1. A cable or the like protection and guide device in which a number of synthetic resin link bodies articulably connected to each other with a cable or the like inserted therein, are each composed of a pair of link plates disposed on both sides of the cable or the like and an inner circumferential side connecting plate and an outer circumferential side connecting plate spanned across a bending inner circumferential side and a bending outer circumferential side of the link plate, respectively, characterized in that

tongue pieces, which are positioned at the front and rear sides of the longitudinal direction of said protection and guide device and sliding contact, are provided in a protruded manner, at least one of said inner circumferential side connecting plate and said outer circumferential connecting plate, and a metallic member is incorporated in at least one of sliding contact surfaces of said tongue pieces.